



## Core Decompression for Avascular Necrosis of the Talus



### Overview

This surgery treats a problem with the talus. That's a bone in the lower part of your ankle joint. The surgery removes bone tissue damaged by a problem called "avascular necrosis." Taking away this bad bone tissue makes space for healthy new bone to grow.

### Preparation

To begin, we give you medicine to make you feel numb and relaxed. You may be put to sleep. We make a small opening in the skin of your ankle and insert a guide wire. With the help of a video x-ray device called a "fluoroscope," we push the wire to your damaged talus.

### Decompression

Now, we guide a drill along the wire and to your talus. We drill one or more holes into the bone. Damaged bits of bone are removed from your body. This relieves pressure in your talus. It creates space where new blood vessels and bone can form. The space may be filled with graft material to help this new growth.

### End of procedure

When the surgery is done, the incision is closed. You're watched in a recovery room for a brief time. Follow your surgeon's tips as you heal.

